

Rainbow Veggie Salad (FDD)

Makes: 10 Servings

"This recipe will help you make half your plate fruits and vegetables. Canned beans that are low in sodium are used to make the recipe easy to prepare."

Ingredients

1 can low-sodium black beans (drained and rinsed, about 15 ounces)

1 can low-sodium red kidney (drained and rinsed, about 15 ounces)

3 carrots (scrubbed and sliced)

1 yellow squash (small, washed and sliced)

1 green squash (washed and sliced)

1/2 cup light Italian dressing

1/2 teaspoon black pepper

Directions

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over the vegetables
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	N/A
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	192 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

Notes

Tip: Serve with fresh vegetable sticks or low-fat tortilla chips.

Source: Recipe adapted from Maryland FSNE 2009 Recipe Calendar.